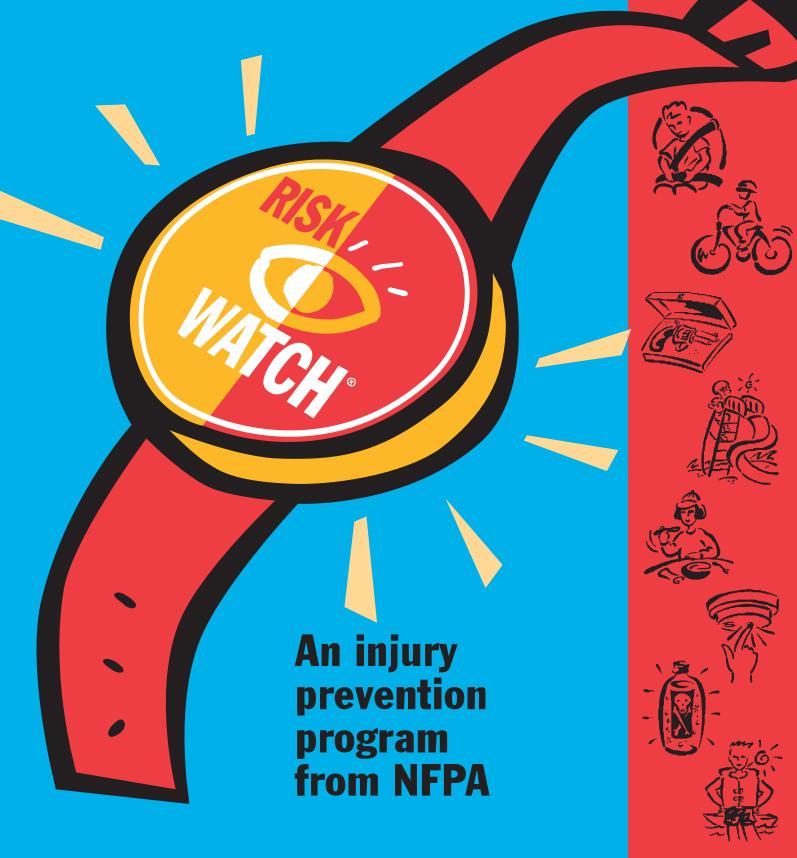
Teacher Edition with Student Worksheets

Grade





### **Getting Started**

The *Risk Watch: Unintentional Injuries* Student Workbooks (kindergarten through grade six) are designed to supplement your injury prevention lessons. Each risk area includes a caregiver letter and three activity sheets. We hope this format makes it easy for you to download and print the worksheets you want to use with your students.

It's easy to use. Just click on the grade level you are teaching and you will find the eight topics. Student activity sheets and the caregiver letter can be found within the appropriate topic.

We have also included additional reproducible pages from *Risk Watch: Unintentional Injuries*. You will find the Knowledge Test, Test Score Summary Sheet, Caregiver Letters, Community Bulletins, *Risk Watch* Diploma, "Success" Incident Form, and Survey Form. Just select the item you would like to download and print.

These materials are copyrighted by NFPA. Duplication is intended for classroom use only.

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### Dear Parent or Caregiver:

Our class is learning about injury prevention through an exciting program called *Risk Watch*®. Developed by the nonprofit National Fire Protection Association (NFPA) with co-funding from the Home Safety Council<sup>TM</sup>, *Risk Watch* is a comprehensive curriculum designed to give children in preschool through grade eight the information and support they need to make positive choices about their personal safety and well-being. The program targets the top eight risk areas for this age group: motor vehicle safety; fire and burn prevention; choking, suffocation, and strangulation prevention; poisoning prevention; falls prevention; firearms injury prevention; bike and pedestrian safety; and water safety.

Why is it so important to teach kids about safety? Because each year more school-age children are disabled or die from unintentional injuries than from kidnapping, drugs, and disease combined. These are tragedies that affect not just the child and family, but his or her classmates, friends, and the community as a whole.

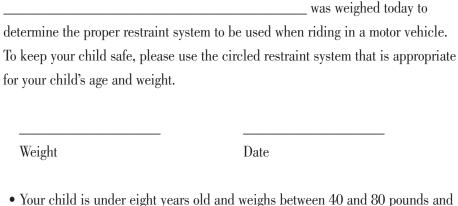
The good news is there's something we can all do. By teaching children how to recognize and avoid the things that put them most at risk, we can help them lead fuller and more productive lives. And as your child's primary caregiver, you can support this effort by setting a good example at home and by providing careful supervision of your children at all times. Visit the official *Risk Watch* Web site at www.riskwatch.org for more information for parents and kids.

As a teacher, I'm committed to helping my students live up to their full potential. Keeping them safe is an important first step. I hope you'll help make safety a habit in your family by becoming "Risk Watchers" at home.

## **Motor Vehicle Safety**



## "What's My Size?" Worksheet



- Your child is under eight years old and weighs between 40 and 80 pounds and should use a **booster seat** with a **lap-shoulder belt** in the back seat. A booster seat helps correctly fit children in an adult lap-shoulder safety belt. Booster seats elevate children so that the lap-shoulder belts are positioned correctly and provide the same protection as they do for adults. An added bonus for children... booster seats make them more comfortable and allow them to see better.
- Your child is eight years old and weighs more than 80 pounds and may be able to wear a **lap-shoulder belt** in the back seat. Your child should be tall enough for their knees to bend over the edge of the seat when their backs are resting firmly against the back seat. If the shoulder portion of the lap-shoulder belt comes across the neck, rather than the chest, and the lap belt does not rest low across the hip, they should be in a booster seat.

Remember, the safest place for kids under 12 years old is the back seat!



booster seat



lap-shoulder belt

## **Bike and Pedestrian Safety**

## **Get Home Safely Clues**

<b>Team</b>	1:	Wal	kers
ı <del>C</del> aiii	46.0	vvai	NGI 3

the	with a	

#### Clues

- 1. You do this to the street when you walk from one corner to another. It rhymes with "toss."
- 2. This is the place where cars and trucks move. Sometimes it is called a road. It rhymes with "feet."
- 3. An adult is sometimes called by this name. It rhymes with "sewn up."

### **Team 2: Runners**

at the	of the curb, look left, to the _	
and left again.		

#### Clues

- 1. This means don't go! It rhymes with "hop."
- 2. This is near the end of something. If you are near it you are almost off. You can find it in the words "wedge" and "hedge."
- 3. This is a direction. It is the opposite of left. It rhymes with "might."

## **Bike and Pedestrian Safety**

Team	3:	<b>Bikers</b>

|--|

### Clues

- 1. This is a good way to travel when you don't want to walk, run, or skip or when you have far to go. It rhymes with "hide."
- 2. This is what you call someone when you talk to them, but you don't say their name. I said it three times already. It rhymes with "boo."
- 3. Your eyes do this for you. It rhymes with "knee."

### **Team 4: Skaters**

 a	every	you ride
	•	•

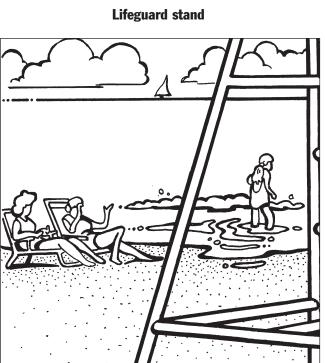
#### **Clues**

- 1. You do this with your clothes, a hat, or shoes but only if they are on you. It rhymes with "bear."
- 2. This will protect your head. Fire fighters wear one when they fight a fire, but it looks different from yours. If you take all of the letters in "he" and "melt" and move them around to make one word, you can find out what it is.
- 3. You use a clock or a watch to know this. We measure it in seconds, minutes, and hours. If you're still not sure, it rhymes with "lime."

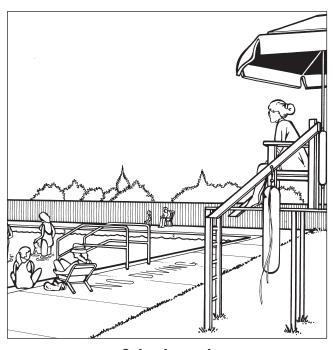
# **Water Safety**

## **Summer Fun Worksheet**





**Beach** 



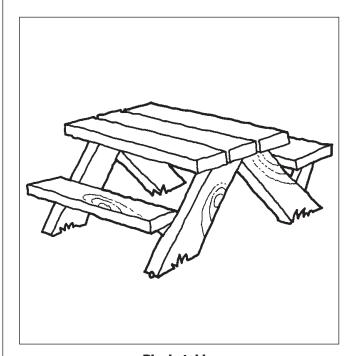
**Swimming pool** 



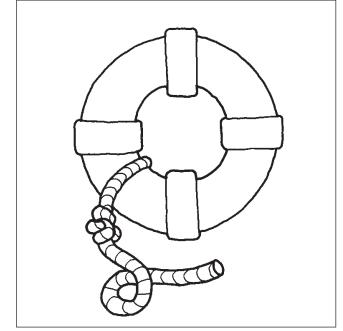
**Personal flotation device** 

# **Water Safety**

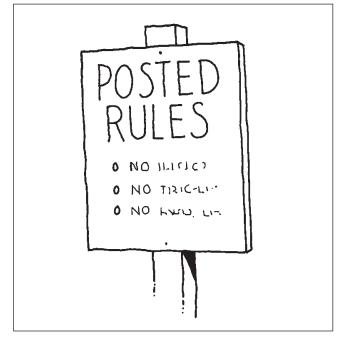
## **Summer Fun Worksheet**



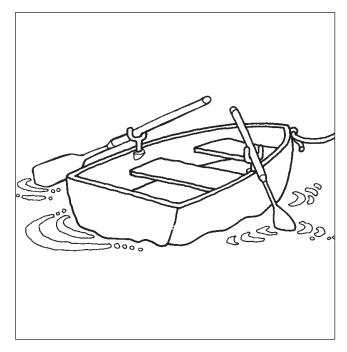
**Picnic table** 



Life preserver ring

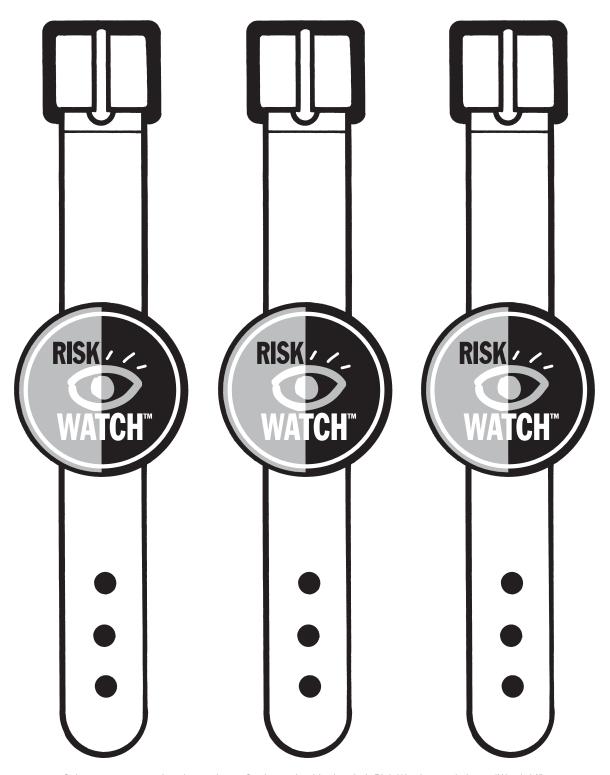


Sign that says "Posted Rules"



**Boat** 

## **On the Risk Watch Beat Stories**



Select a story to read to the students. Students should raise their Risk Watches and shout, "Watch it!" whenever a hazard appears in the story. Hazardous situations are indicated in bold text.

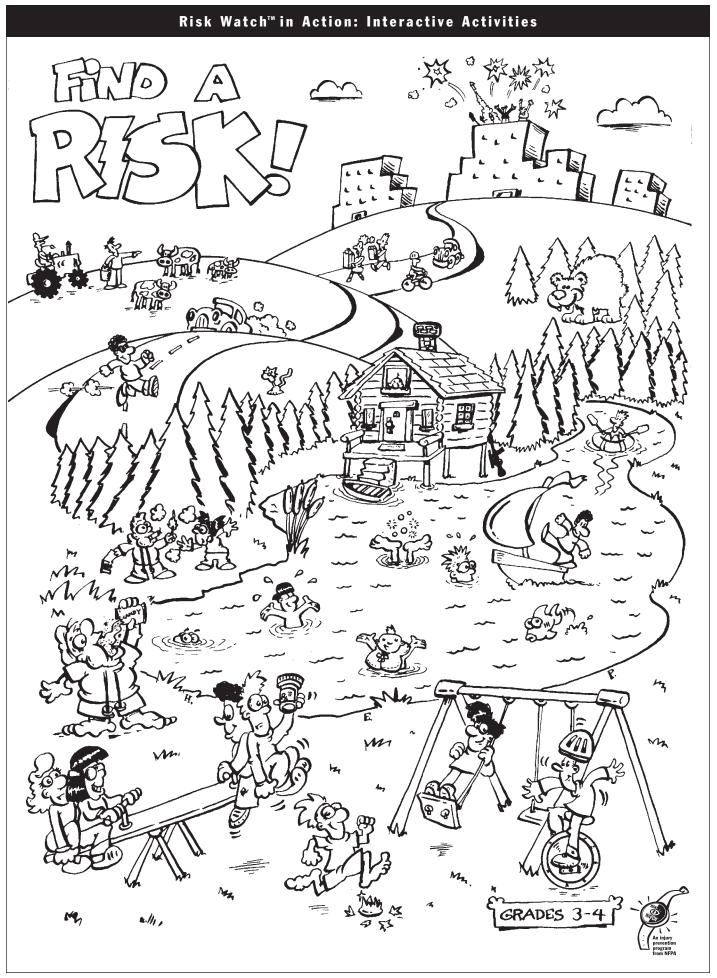
	Make a copy of this worksheet. Cut it up into strips where indicated. Fold each scenario in thirds, and place in a basket or a box. Answers are in <b>bold</b> .
1.	You're walking to your friend's house after dark. You have on black jeans and a dark jacket.
	Pedestrian Safety: Wear retroreflective clothing and don't walk at night without a grown-up.
2.	You and your friends are swimming at a new place. Your dad has gone back to the car to get the sunscreen. Your friend is hot and wants to dive headfirst into the water.
	Water Safety: Wait until your dad gets back before getting in the water, and walk in feetfirst the first time you go in.
3.	While you're waiting for the school bus, your friend wants to play tag. She keeps running into the street to get away from you.
	Bus Safety: Always stay on the sidewalk with a grown-up nearby. Line up in a single file to get on the bus. Stay away from cars and buses.
4.	Some older kids find a lighter on the sidewalk. They try to set the trash in the dumpster at school on fire.
	Fire and Burn Safety: Tell a grown-up right away if you find matches or a lighter.
5.	A girl from your class has been calling you names all day. She is sitting two rows ahead of you on the bus, and she turns around to make fun of you some more.
	Bus Safety: Stay in your seat and talk quietly. Tell the bus driver what happened.
6.	You're on vacation and you want to count the animals you pass along the highway. You wiggle out of your seat so you can look back as the car speeds along.
	Motor Vehicle Safety: Always stay buckled up in your booster seat in the back seat.
7.	You're spending the night at a friend's house. You don't see any smoke detectors/alarms, and you don't know where to go in case there is a fire.
	Fire and Burn Safety: Ask your friend's family to show you their smoke detectors/alarms and to explain their escape plan to you. If they are not able to do this, explain that you will not be able to spend the night.

8.	Your friend wants to go biking with you. He says bike helmets are for wimps.
	Bike Safety: Make sure you wear your bike helmet whenever you ride a bike.
9.	You and your friend hear a loud noise on the sidewalk in front of your apartment building. You run to open the window screen to get a better look.
	Falls Prevention: Stay away from open windows.
10.	You're playing in your front yard one afternoon. A friend from across the street asks you to come over to play.
	Pedestrian Safety: Always cross the street with a grown-up.
11.	You're riding your bike to visit a friend who lives only one block away. You can't find your helmet.
	Bike Safety: Wear your helmet or don't ride your bike.
12.	Your friend's mom is taking you to the movies. When you get in her car, you discover that there is no safety belt for you.
	Motor Vehicle Safety: Always ride buckled up in the back seat. Explain to your friend's mom that you will ask a grown-up who takes care of you to give you a ride to the movies.
13.	You see a really cute puppy across the street from your house. You decide to cross the street to pet it. If you wait to cross with an adult, though, the puppy might be gone.
	Pedestrian Safety: Always cross the street with a grown-up.
14.	A friend of yours gets in a fight with another kid on the school bus. You want to help your friend because the other kid is bigger.
	Bus Safety: Always stay in your seat. Tell the bus driver what happened.
15.	Your friend is riding backwards on the escalator. She says, "I bet you can't do this."
	Falls Prevention: Always hold the handrails on stairs and escalators and face forward.
16.	Your friends are outside waiting for you to finish dinner. Your mom says that you have to finish everything on your plate. You quickly take four big bites of your hamburger to finish eating as fast as you can.
	Choking Prevention: Chew your food completely. Stay seated while eating. Eat one bite at a time.

17.	You're playing at a friend's house after school. You have a really bad headache. Your friend says she knows where her mom keeps the medicine.
	Poison Prevention: Go home and ask a grown-up who takes care of you to give you some medicine.
18.	Your mom is cooking at the stove. She reaches over the stove and her sleeve catches fire.
	Fire and Burn Safety: Tell your mom to stop, drop, and roll until the fire is out, then cool the burned area with water. Next time, remind her to wear tight-fitting sleeves when cooking.
19.	Your dad owns a gun and he keeps it in his unlocked desk drawer.
	Firearms Injury Prevention: Ask your dad to store the gun, unloaded, in a locked box in order to keep everyone in your family safe.
20.	While you are on a field trip, you see some berries growing on a bush.
	Poisoning Prevention: Ask a grown-up before eating anything.
21.	Your dad is going for a bike ride with you. He does not have a helmet.
	Bike Safety: Everyone needs to wear a helmet when riding a bike.
22.	Your friend has given you a special necklace as a present. You put the necklace on and run out of the house to play on your swing set.
	Strangulation Prevention: Things around your neck could get tangled while you are playing. Take the necklace off until you are finished playing.
23.	Tori's dad lives just a few miles from his office and has decided to ride his bike to work every day. This way, he says, he won't get stuck in traffic, and he won't have to buy gasoline for the car. One morning, Tori hands her father's bike helmet to him as he heads down the driveway. "I can't wear a helmet today," he says. "I've got an important meeting and that helmet makes my hair look funny."
	Bike Safety: Everyone should wear a bike helmet when riding a bike.

24.	Janelle's mother is going to the mall and has asked her neighbor, Mrs. Thomas, to keep an eye on Janelle for the afternoon. While Mrs. Thomas and Janelle are walking to the park, they arrive at a busy intersection. Even though the sign says "Don't Walk," Mrs. Thomas steps off the curb and holds her hand out to Janelle.
	Pedestrian Safety: Cross the street with a grown-up and only when the signal says to cross.
25.	Amber and her three friends, Judy, Barbara, and Helen, are playing at Amber's house. It is a hot day and they decide to ride their bikes to another friend's house to go swimming. As the girls go into the garage to get their bikes, Amber realizes that Barbara does not have a bike helmet.
	Bike Safety: Try to find a helmet in the right size for Barbara to borrow this time. Otherwise, everyone should walk with a grown-up instead.
26.	Crystal and her mother are driving to the mall to do some school shopping. The mall is just a few miles away, and Crystal's mother asks her to hold her baby sister, Kimberly, in her lap during the car ride. Crystal tells her mother that the baby should ride in the child safety seat, but her mother says it will be a quick trip and not to worry about it.
	Motor Vehicle Safety: Always ride buckled up in the back seat in a child safety or booster seat.
27.	When Molly arrives home from school, she finds a note by the front door. It says, "Dear Molly. I had to run to the store. I'll be right home. Love, Mom." It's been a hot day and Molly runs upstairs to her bedroom and quickly changes into her bathing suit. She walks out to the swimming pool and jumps into the shallow end to cool off.
	Water Safety: Always swim with a grown-up.
28.	While on a family camping trip, Tracy decides to pick some berries for a fresh fruit salad. The berries look just like the ones they always buy at the store. They sure look tasty!
	Poisoning Prevention: Ask a grown-up before eating anything.
29.	Nate is playing at the playground when four boys come over and ask him to join them on the seesaw. Nate doesn't think that five kids on a seesaw sounds like a safe idea, but his friends say everything will be OK.
	Falls Prevention: Take turns on playground equipment.
30.	Isabella is playing with her friend in her bedroom. The smoke detector/alarm sounds. What should Isabella do?

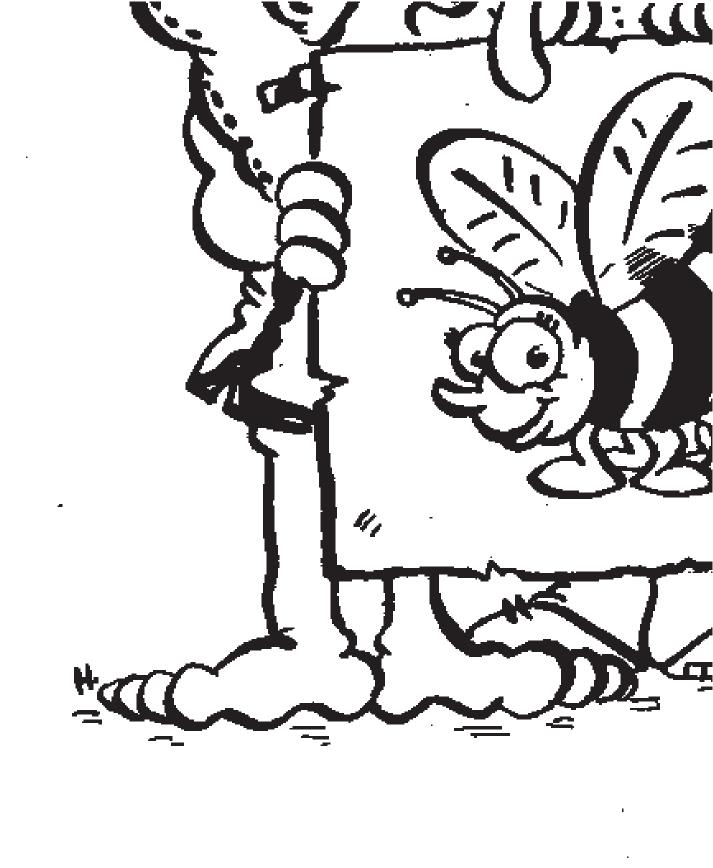
Fire and Burn Prevention: When the smoke detector/alarms sounds, get out fast and report the fire.

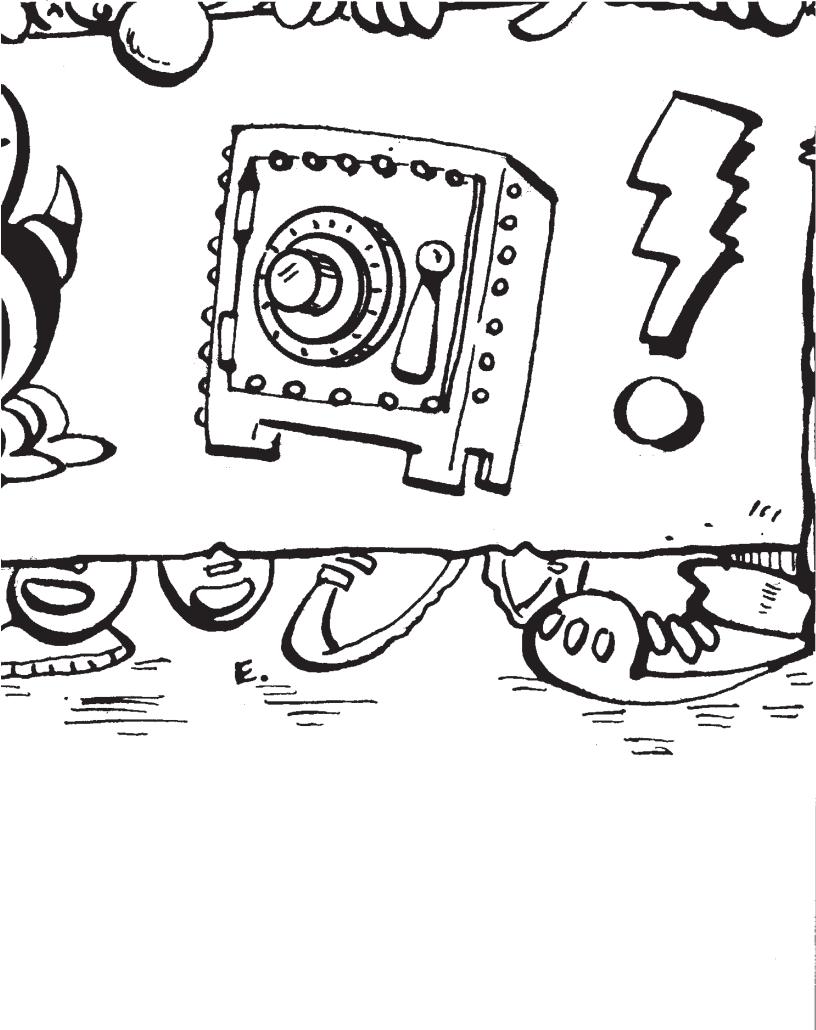


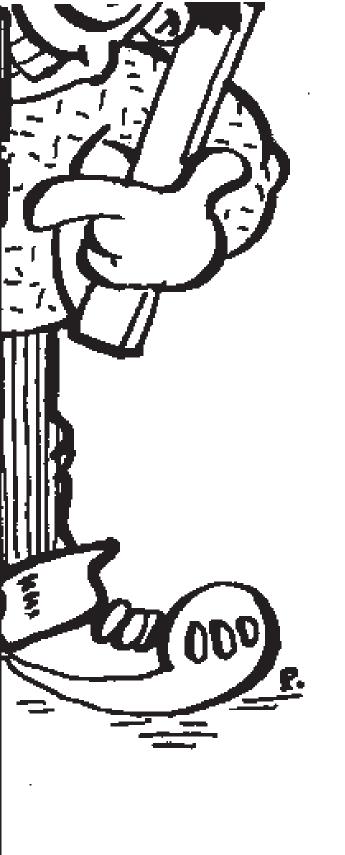






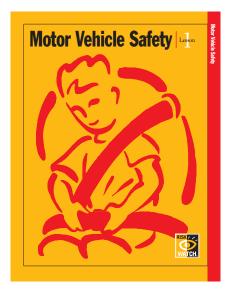


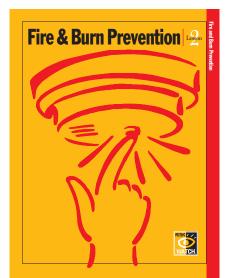


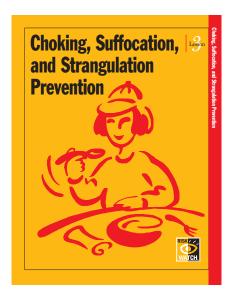


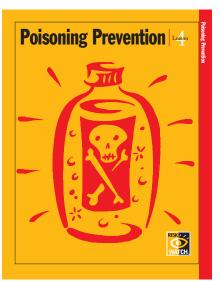
# Risk Watch lcon Cards

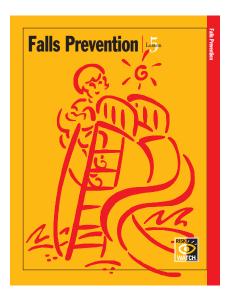
Duplicate this sheet to use the Risk Watch icons in student projects. Ideas for the icons include decorating student journals, Risk Watch safety badges, props for presentations, games, or other fun ideas you may have!

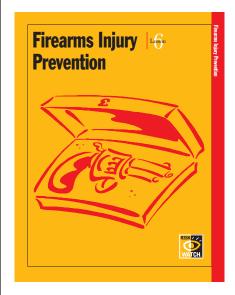


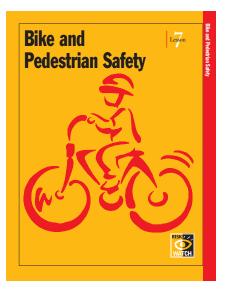


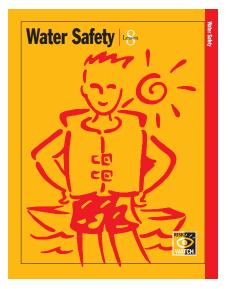














# Motor Vehicle **Safety**

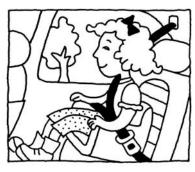


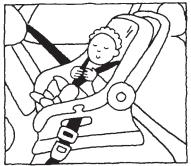
### **Home Activity**

Practice motor vehicle safety.

Have your child tell where the safest place for children is in a vehicle (the back seat of the vehicle). Discuss the importance of using a child safety seat or booster seat when riding in the back of the car. Then practice securing your child in a child safety seat or booster seat.

Visit www.riskwatch.org or www.sparky.org for more information and activities.





Your child has been learning about the dangers presented by motor vehicles and school buses and the ways to be protected from injury. Motor vehicle crashes are the leading cause of unintentional injury and death for children aged 14 and under. In 2000, 1,654 children in the United States aged 14 and under died in motor vehicle crashes. About 55 percent of motor vehicle occupants aged 14 and under who were killed in fatal crashes in 2001 were unrestrained. An estimated 228,000 children aged 14 and under were injured in motor vehicle crashes. Some of these injuries involved brain and spinal cord damage, which can have a lifelong effect on the injured child.

Child restraint systems, such as infant seats, convertible seats, booster seats, and safety belts, however, can reduce the risk of death by up to 71 percent. Children weighing less than 40 pounds should ride in the back seat of the vehicle in a car seat that has an internal harness system. This type of seat should be used until the child's ears reach the top of the back of the safety seat and the shoulders are above the top strap slots, or until the upper weight limit of the seat is reached.

A belt-positioning booster seat should be used after a child outgrows an internal harness system car seat. A belt-positioning booster seat elevates the child to ensure a proper fit of the lap-shoulder safety belt. After the child reaches a weight of 80 pounds, is approximately 58 inches tall, and has a sitting height of 29 inches, he or she can be properly restrained using only a lap-shoulder safety belt. For the lap-shoulder safety belt to work effectively, the shoulder belt should cross the collarbone and the center of the chest. The lap belt should fit low and tight across the upper thighs. Children cannot ride comfortably and remain properly restrained until they are tall enough for their knees to bend over the edge of the seat while their backs are resting firmly against the seat. All children 12 and under should ride in the back seat.

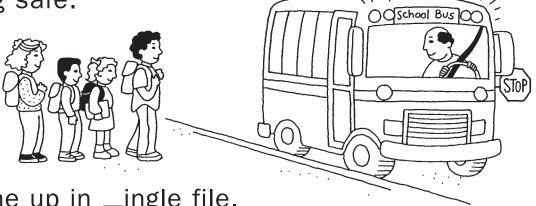
In addition, since many children ride a school bus at one time or another, it's important that they learn about school bus safety rules. Therefore, your child will be taking a tour of a school bus. He or she will practice lining up in single file while waiting for the bus, getting on the bus, and behaving while on the bus. Your child also will practice exiting the bus and will demonstrate where to stand near a bus to protect himself or herself from injury.

**Data sources:** Boost America!, National Center for Injury Prevention and Control, National Highway Traffic Safety Administration (NHTSA), National SAFE KIDS Campaign®.

Mana a	Lesson
Name	
Date	An injury prevention program from NFPA

# Find the Motor Vehicle Safety Rule

Read each sentence. Choose the correct beginning sound to find the safety rule. Then on a separate sheet of paper choose one rule and draw a picture of you and your friends being safe.



- **1.** Line up in \_ingle file.
  - **A.** i
- **B.** m
- **C.** s
- 2. Hold onto the bus \_andrails.
  - A. s
- **B.** h
- **C.** b

- 3. Talk \_uietly.
  - **A.** q
- **B.** g
- **C.** k
- **4.** Stay in your \_eat.
  - **A.** C
- **B.** X
- C. Z

b

- **5.** Children ride in the \_ack seat.
- **B.** f
- d



Name	Lesson
Date	An injury prevention program from NFPA

### Wordseek

Look at the words listed in the word bank below. Find and circle them in the puzzle.

Word	Bank
back	times
curb	from
the	your
stay	all
seat	at
in	stand
1	

Y	0	U	R	G	Н	M	N	P
X	A	F	S	K	F	R	0	M
ı	Q	0	T	Z	В	D	1	D
N	S	В	A	C	K	Z	E	T
C	T	R	N	U	В	R	T	Н
V	A	0	D	R	J	E	S	E
J	Y	S	N	В	L	T	н	A
н	A	L	L	E	S	E	A	T
T	1	M	E	S	R	V	T	Y

### Fill-in-the-Blanks

Complete the two school bus safety rules below.

- **1.** Stand \_\_\_\_\_\_ from the \_\_\_\_\_.
- 2. \_\_\_\_\_ in your seat at all \_\_\_\_\_.

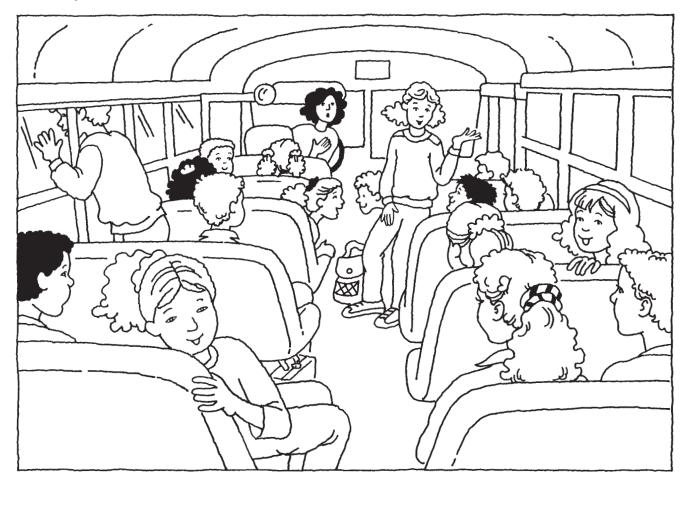
Name_			-
Name -			

Date.

An injury prevention program from NFPA

# **Safety Rules in Action**

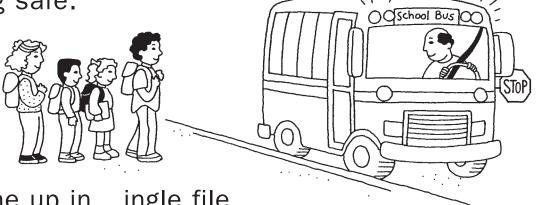
Look at the scene below. Circle the pictures showing safety rules being followed. Cross out the pictures showing safety rules being broken. Then write one safety rule on the lines below.



Name	Lesson (E)
<b>.</b>	
Date	An injury prevention program from NFP

# Find the Motor Vehicle Safety Rule

Read each sentence. Choose the correct beginning sound to find the safety rule. Then on a separate sheet of paper choose one rule and draw a picture of you and your friends being safe.



- 1. Line up in \_ingle file.
- **B.** m (C.) s

- 2. Hold onto the bus \_andrails.
  - A. s
- (**B**.) h
- **C.** b

- 3. Talk \_uietly.
- **B.** g
- **C.** k
- **4.** Stay in your \_eat.
  - **A.** C
- **B.** X
- **C.** z
- 5. Children ride in the \_ack seat.
- **B.** f
- **C.** d

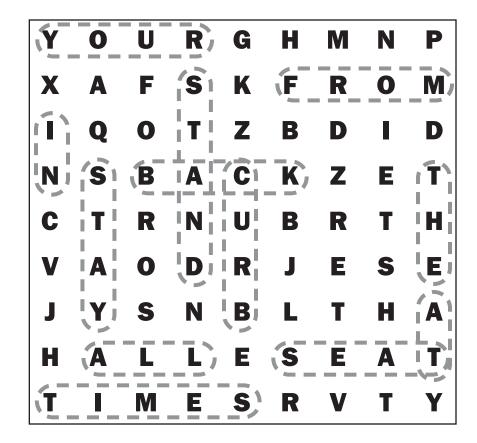


Name	Lesson
Date	An injury prevention program from NFPA

### Wordseek

Look at the words listed in the word bank below. Find and circle them in the puzzle.

Word	Bank
back	times
curb	from
the	your
stay	all
seat	at
in	stand
1	



### Fill-in-the-Blanks

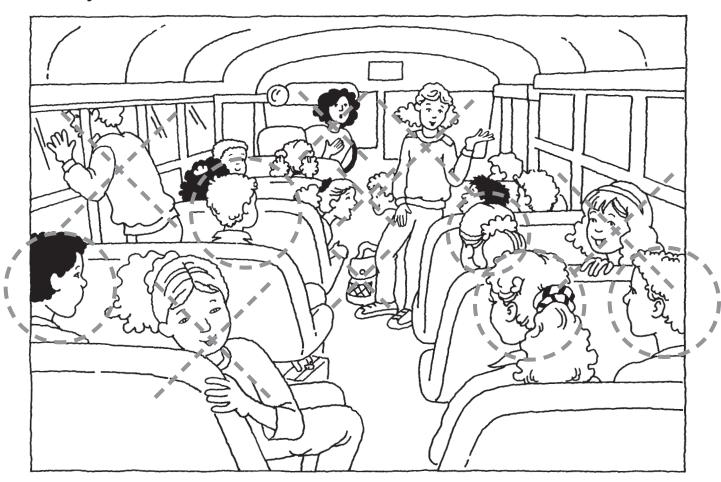
Complete the two school bus safety rules below.

- **1.** Stand \_\_\_\_\_ from the \_\_\_\_\_
- 2. \_\_\_\_\_ in your seat at all \_\_\_\_\_times\_\_\_\_.

	Lesson
Name	
Date	
	An injury prevention program from NFPA

## **Safety Rules in Action**

Look at the scene below. Circle the pictures showing safety rules being followed. Cross out the pictures showing safety rules being broken. Then write one safety rule on the lines below.



Answers will vary but may include talk quietly, listen to the bus driver, stay in your seat at all times.



# Fire and Burn **Prevention**



### **Home Activity**

Know the local emergency number. Teach your child the local emergency number. Write the number on a piece of paper, and then have your child write the number. Repeat the number aloud. Then unplug your telephone, and have your child dial the emergency number. Have your child pretend to report an emergency, stating the type of emergency (i.e., fire), and his or her name and address. Explain that the emergency number is to be used only for a real emergency.

Test your smoke alarms. If you have not changed the battery in each smoke alarm in your home within the past year, do so now. Then test each smoke alarm. Carefully push the test button on every smoke alarm in your home to make sure it is working (there should be at least one smoke alarm on every level of your home and in or near each sleeping area). Explain to your child the purpose of the alarm, and review the procedure he or she should follow if the alarm goes off (leave the house, go to the meeting place, and wait).

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning ways to stay safe around fire and to prevent getting burned. In the United States, fire kills more than 3,500 people each year and is the cause of tens of thousands of related injuries. Children aged five and under are more than twice as likely as others to die in a fire because too many of them have not been taught to recognize the risk in their behavior. Children without fire safety training also have a lesser ability to react promptly and properly to fire.

You can keep your family safe and help prevent fire- and burn-related injuries by following a few guidelines. Test all of the smoke alarms in your home every month by pushing the test button, and replace the batteries once a year or when the alarm "chirps," warning that the battery is low. Make sure that every family member knows where the smoke alarms are located and what they sound like.

You also should develop a home fire escape plan and practice it at least twice a year. Plan two ways to escape from every room. Decide on a meeting place outside the home, and make sure everyone knows where it is. Explain to children that if the smoke alarms go off, they are to leave the home and go to the meeting place.

In addition, your child has learned that fire is not the only source of burns. While most people would not think of bathwater as dangerous, scald burns from tap water, which most often occur in the bathroom, are associated with more deaths and injuries to young children than those caused by any other hot liquid. Check the temperature of your hot water heater to be sure that it is set no higher than 120°F. Children's skin is thinner than that of adults, so it burns at a lower temperature and more deeply. Grown-ups must closely supervise children around hot water. Your child has learned the importance of staying away from hot items such as the stove and oven, pots and pans, clothes irons, curling irons, and hot liquids. Reinforce this

rule by establishing a "kid-free zone" of three feet around stoves and other hot surfaces. Parents and caregivers can help reinforce these lessons by setting a good example at home.

Data source: NFPA.



## **Know the Number**

Find out your local emergency phone number. Write it on the line below.

### **What's Hot**

Look at the pictures below. Use the vowels in the box to spell each word. Then circle the pictures of the items that can get hot.



- 1.
- $f _ r e$
- 5.

 $heat\_r$ 

- 2.
  - $k \perp t e$

6.

 $bo_{t}$ 

3.

m = t c h e s

7.

 $batht\_b$ 

4.

st\_ve

8.



b \_ I I

Name	Lesson (Control of the Control of th
Date	An injury prevention program from NFPA

### **Scene of the Crime**

Read the story below. Then pretend you are a detective. Answer the questions to tell what happened.

Emma and Evan were sitting in front of the fireplace in their home, playing cards and eating snacks. Suddenly the smoke alarm sounded. Emma and Evan walked quickly out of their home. They went to the family meeting place. Then they went to their neighbor's house with their mom. Their mom called the fire department.

1.	How did Emma and Evan know there was a fire?
2.	What did the children do when the smoke alarm sounded?
3.	What did the mom do when they went to the neighbor's home?



# **Get Out, Stay Out**

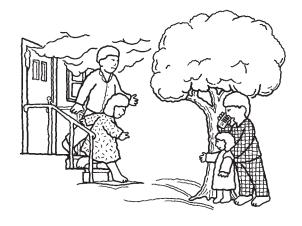
Jenny is sleeping in her bed when the smoke alarm goes off. Look at the pictures below. Write a number "1" under the picture that shows the first thing Jenny should do. Write a number "2"



under the second thing Jenny should do. Cross out any pictures that show Jenny doing something wrong.











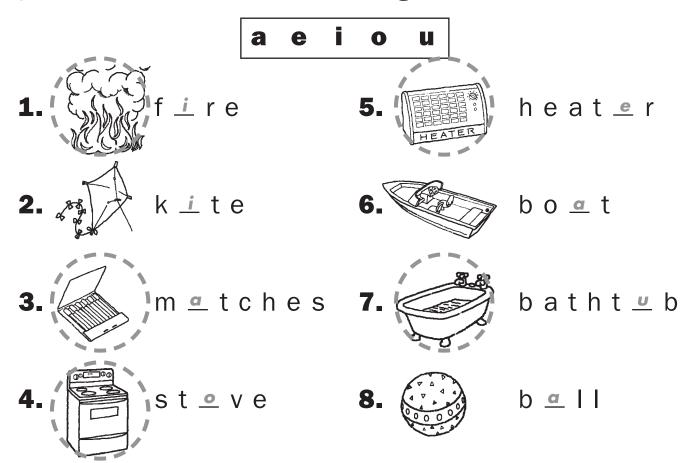
## **Know the Number**

Find out your local emergency phone number. Write it on the line below.

Answers will vary.

## **What's Hot**

Look at the pictures below. Use the vowels in the box to spell each word. Then circle the pictures of the items that can get hot.



Name	Lesson: Example 1
Date	The state of the s
Date	An injury prevention program from NFPA

### **Scene of the Crime**

Read the story below. Then pretend you are a detective. Answer the questions to tell what happened.

Emma and Evan were sitting in front of the fireplace in their home, playing cards and eating snacks. Suddenly the smoke alarm sounded. Emma and Evan walked quickly out of their home. They went to the family meeting place. Then they went to their neighbor's house with their mom. Their mom called the fire department.

- 1. How did Emma and Evan know there was a fire?
  They heard the smoke alarm go off.
- 2. What did the children do when the smoke alarm sounded?

  They walked quickly out of their home and went to the family meeting place.
- **3.** What did the mom do when they went to the neighbor's home?

She called the fire department.



### **Get Out, Stay Out**

Jenny is sleeping in her bed when the smoke alarm goes off. Look at the pictures below. Write a number "1" under the picture that shows the first thing Jenny should do. Write a number "2"



under the second thing Jenny should do. Cross out any pictures that show Jenny doing something wrong.







# Choking, Suffocation, and Strangulation **Prevention**



#### **Home Activity**

Find hazards in the home. Walk through your home with your child. Identify items that pose a potential risk of suffocation. Items may include refrigerators, toy boxes, plastic bags, dishwashers, and trunks or large covered boxes.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning about the dangers of choking, suffocation, and strangulation, and how to recognize potentially dangerous items and situations that could cause injury. Unfortunately, these types of injuries are far too common. In 2000, in the United States, 634 children aged 14 and under died from suffocation, strangulation, or entrapment. In 2000, in the United States there were 160 children aged 14 and under who died from choking.

Knowing the risks can help protect your child. Choking occurs when food or small objects block the airway and prevent oxygen from getting to the lungs and the brain. Young children are at risk of choking on small, round foods such as hot dogs, candies, nuts, grapes, marshmallows, and popcorn. Remind your child never to put anything in his or her mouth except food given to him or her by a trusted grown-up and to always chew food thoroughly. You can help reinforce this habit with your child during meal times at home. Stress to your child the importance of sitting while eating food.

Unintentional strangulation also claims many young lives each year. Most strangulation incidents occur on the playground. A child can be strangled when something he or she is wearing gets caught on playground equipment, such as a slide or swing. While on the playground, children should avoid wearing scarves, mittens, necklaces, or clothes with drawstrings around the neck. Even jacket hoods can become snagged in the narrow gaps, openings, vertical posts, and links commonly found on playground equipment.

Strangulation incidents also can occur at home. Look for strangulation hazards such as window blind cords and small openings that could entrap a child's head. You can reduce the risk of unintentional strangulation by cutting the loops on the window blind cords and placing them out of your child's reach. Also, remind your child not to play around these items.

In addition, it is important to note that young children are particularly at risk of suffocation when at play. Therefore, your child has learned about the dangers of playing with plastic bags and inside objects that could entrap him or her, such as refrigerators, freezers, dishwashers, boxes, and car trunks.

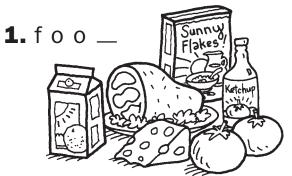
**Data sources:** Centers for Disease Control and Prevention (CDC), National SAFE KIDS Campaign®.

An injury prevention program from NFPA

Date\_

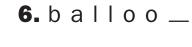
### **Spell It**

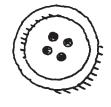
Look at the pictures. Complete each word by adding the missing beginning or ending letter. Draw a circle around the things you should never put in your mouth. Draw a square around the pictures of things you should chew, chew, chew.





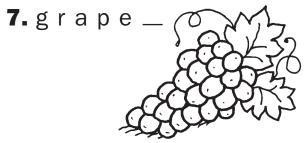
**2.** \_ utton







**3.** h o \_ d o \_







Name	Lesson.
Date	An injury prevention program from NFPA

#### Which Is Which?

Read each safety rule. Look at the pictures. Circle the picture that matches the safety rule.

1. Eat small bites of food.





2. Safely put away plastic and paper bags.





3. Stay seated when eating.





**4.** Stay away from spaces that could trap you.





**5.** Wear a jacket without drawstrings when playing.





Name	Lesson.
Date	
	An injury prevention program from NFPA

#### I Know How to Stay Safe

On the lines below, write two rules you should follow to prevent choking, suffocation, or strangulation. Draw a picture to show each rule.

<b>1</b> .	n	

**2.** \_\_\_\_\_

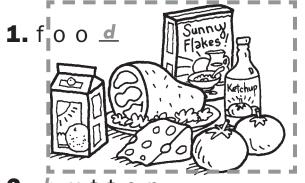
Name _			

Date\_\_\_\_\_



#### **Spell It**

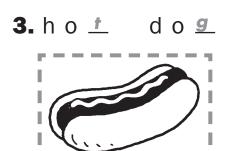
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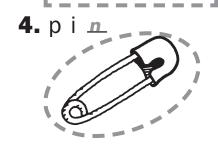


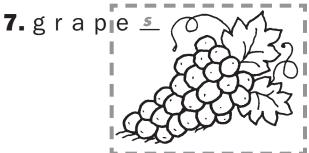














Name	



#### Which Is Which?

Date\_

Read each safety rule. Look at the pictures. Circle the picture that matches the safety rule.

- 1. Eat small bites of food.
- 2. Safely put away plastic and paper bags.
- **3.** Stay seated when eating.
- **4.** Stay away from spaces that could trap you.
- **5.** Wear a jacket without drawstrings when playing.





#### I Know How to Stay Safe

On the lines below, write two rules you should follow to prevent choking, suffocation, or strangulation. Draw a picture to show each rule.

Answers	WIII	vary.								
4	Inswers	Inswers Will	Answers will vary.	Inswers will vary.						

2. Answers will vary.



## Poisoning **Prevention**



**Home Activities** 

Get the number. With your child, write down the Poison Control Center's telephone number. Help your child post this number on or near your phone.

Investigate your home. Play detective with your child by investigating each room in your home for possible poisons. As you and your child go through the rooms, remove any poisons and lock them up safely away from your child.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning how to stay safe from poisons commonly found in or around the home. A poison is a substance containing toxic chemicals that can cause serious illness, injury, or even death when eaten or inhaled. Safeguard your child by purchasing medicines and vitamins with child-resistant caps. Store all cleaning products and flammables out of your child's reach, preferably in a locked cabinet. Keep all poisonous substances in their original containers. If possible install laboratory-listed CO detectors inside your home to protect your family from carbon monoxide poisoning.

Poison Control Centers across the nation received more than 1.1 million reports of unintentional poisonings in children aged five and under in 2001. In 2000, 91 children aged 14 and under were fatally poisoned. More than 90 percent of all poisonings happened inside the home.

It is not difficult to understand why children are at increased risk for poisoning. Younger children have a tendency to put things in their mouths, while older children want to taste or smell things out of curiosity. Some children are poisoned through no fault of their own by a colorless, odorless gas called carbon monoxide. Regardless of the poison, the results can be life-threatening, even fatal, because of the small size of children.

To help keep your family safe, post the nationwide Poison Control Center's phone number, 1-800-222-1222, on or near your telephone. Should you ever suspect that your child has taken a poison, stay calm and call the Poison Control Center right away. Have the container from which the poison was taken handy in case you need to answer any questions about the poison.

In addition, teach your child never to eat or drink anything, including medicine, without asking a trusted grown-up first. Make sure your child knows to tell a grown-up if someone finds a poison and to stay away from areas that may pose a poisoning risk.

**Data sources:** American Association of Poison Control Centers, National SAFE KIDS Campaign®.



Name		ı

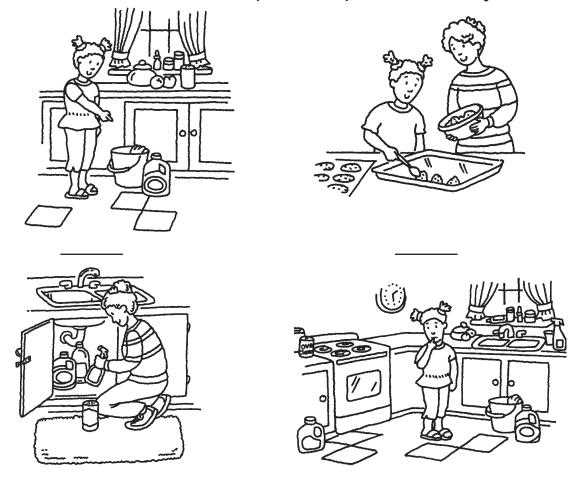
An injury prevention program from NFPA

Date.

#### **Out of Order**

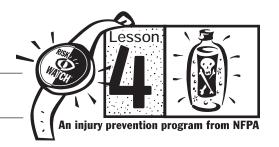
Listen to the story below. Look at the pictures. They are out of order. Put the pictures in the correct order. Write the numbers 1, 2, 3 and 4 under the pictures to show the correct order.

Katie was helping her mother bake cookies. Then Katie looked around the kitchen. She noticed that their kitchen was not safe. Poisons were everywhere. Katie pointed to the poisons. Katie's mother put the poisons away.



Name	

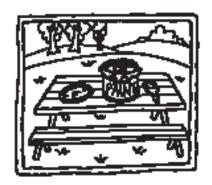
Date\_\_\_\_



## **Poisoning Prevention Safety Rules**

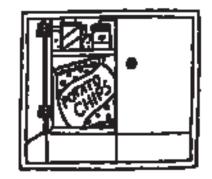
Look at the pictures. Read the poisoning prevention safety rules. Match each safety rule to the correct picture. Write its number on the line under the picture.

- 1. Ask a grown-up before you eat or drink something.
- 2. Tell a grown-up when you or someone else finds a poison.











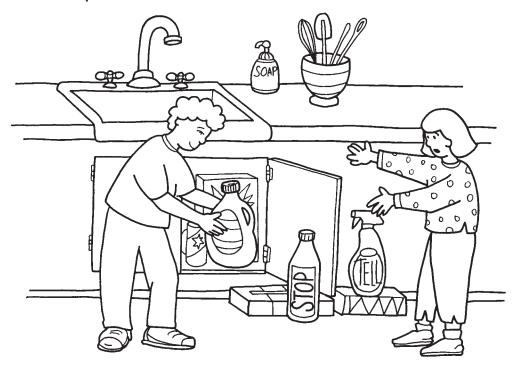
Name	Lesson Co
Date	An injury prevention program from NFPA

#### **What Should You Do?**

Look at the picture below.

Can you find the hidden words "STOP" and "TELL" in the pictures of the bottles? Circle them. Then color the picture.

Answer the question below.



What should you do if someone finds a poison?

Name		

An injury prevention program from NFPA

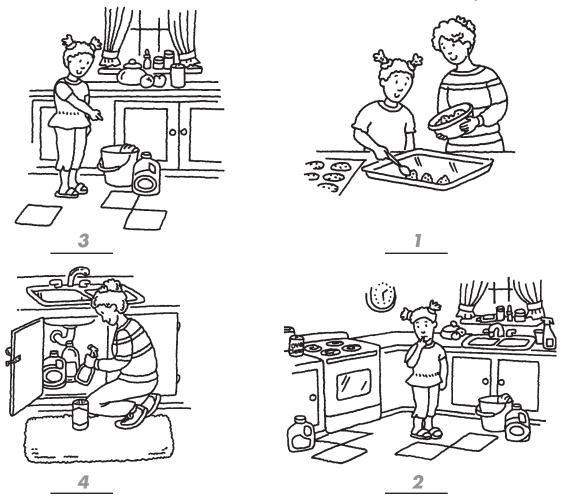
**Out of Order** 

Date.

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Name_			

Lesson

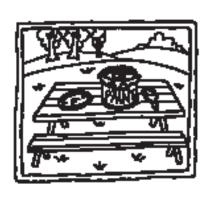
An injury prevention program from

Date.

## **Poisoning Prevention Safety Rules**

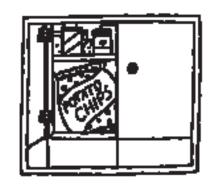
Look at the pictures. Read the poisoning prevention safety rules. Match each safety rule to the correct picture. Write its number on the line under the picture.

- 1. Ask a grown-up before you eat or drink something.
- 2. Tell a grown-up when you or someone else finds a poison.











2

Name	Lesson - Con-
Traine	
Date	An injury prevention program from NFPA

#### **What Should You Do?**

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Can you find the hidden words "STOP" and "TELL" in the pictures of the bottles? Circle them. Then color the picture.

Answer the question below.



What should you do if someone finds a poison?

ieli a grown-up.		

16



#### **Home Activity**

Practice stair and escalator safety. Have your child explain and demonstrate the rules for moving and walking on stairs and escalators (for example, avoid playing on stairs; hold hand railings and a grown-up's hand; keep stairs clear of toys; and keep shoelaces tied). Correct your child if he or she is wrong. If possible, visit a department store and have the child demonstrate the rules for riding an escalator or for walking up and down stairs.

Visit www.riskwatch.org or www.sparky.org for more information and activities.

## Falls **Prevention**



Your child has been learning about the danger of falls and about how falls can be prevented. In 2000, in the United States, 81 children aged 14 and under died as a result of fall-related incidents, and more than half were children aged 4 or younger. In 2001, more than 2.5 million children were injured and treated in hospital emergency departments as a result of fall-related incidents. Each year, an estimated 15 children ages 14 and under die and approximately 235,500 are treated in hospital emergency rooms for playground equipment-related injuries. In fact, nearly three-fourths of all playground injuries are caused by falls, some of which occur in a child's own backyard.

To prevent and lessen the impact of playground falls, your child has learned that play areas should be covered with 12 inches of materials such as mulch, pea gravel, wood chips, or specially designed rubber substances that cushion a fall. **Dirt and grass as well as traditional gravel surfaces do not provide adequate protection when falls occur.** 

Your child also has learned that following safe play rules greatly reduces the risk of playground falls. Children should take turns on playground equipment, keep their shoes on with the shoelaces tied, wear suitable clothing, and be aware of potential playground dangers. You can reinforce these rules when your child plays at home and at neighborhood playgrounds by correcting any inappropriate behavior and by praising your child when he or she follows the rules.

Play equipment is only one source of fall-related injuries. Many such incidents occur when children fall from open or improperly protected windows. Each year, hospital emergency rooms care for approximately 4,700 children aged 14 and under who were injured by falling from windows. Fortunately, falls from windows are largely preventable. Because most window screens are not made to prevent children from falling, use window

guards to keep children safely inside. However, never place a guard on a window that is used as a fire exit unless the guard has a quick-release device that is easily opened from the inside. Place furniture a safe distance away from windows to discourage children from climbing and other unsafe play.

**Data Sources:** Consumer Federation of America, National SAFE Kids Campaign $^{\circledR}$ .



### **Find the Beginning Sound**

Each safety rule below has a word that is missing its beginning sound. Read each rule. Then read the beginning sound for the word

			ina ioi the w	JI G
fro	m the choice	es. Circle the	letter of the	correct
an	swer. Then re	ead each rule	and draw a	green
lin	e under the r	ules that are	Risk Watch	safe.
1.	Always wear	oes whe	en playing on	a playground.
	A. cl	<b>B.</b> gl	C. sh	<b>D.</b> bl
2.	Don'ta	nd at the top	of the slide.	
	A. bl	<b>B.</b> st	<b>C.</b> gl	D. cr
3.	Only one per	son should $_{\scriptscriptstyle -}$	ing at a t	ime.
	A. sw	<b>B.</b> br	C. dr	D. cl
4.	Stay away fr	om open	_indows.	
	<b>A.</b> s	B. W	C. d	<b>D.</b> f
5.	Play on	oft surfaces.		
	<b>A.</b> s	<b>B.</b> n	C. cl	<b>D.</b> m
6.	Play games	on theli	de.	
	A. g	<b>B.</b> d	<b>C.</b> c	<b>D.</b> s

Name	Lesson
Date	An injury prevention program from NFPA

#### **Jumping on the Bed**

Listen to the story. Then answer the question and write an ending for the story.

Tommy's older sister got a new bed. It was a lot bigger than her first bed. While Tommy's father was downstairs cooking dinner, Tommy's sister said, "Let's check out my new bed. Let's jump on it!"

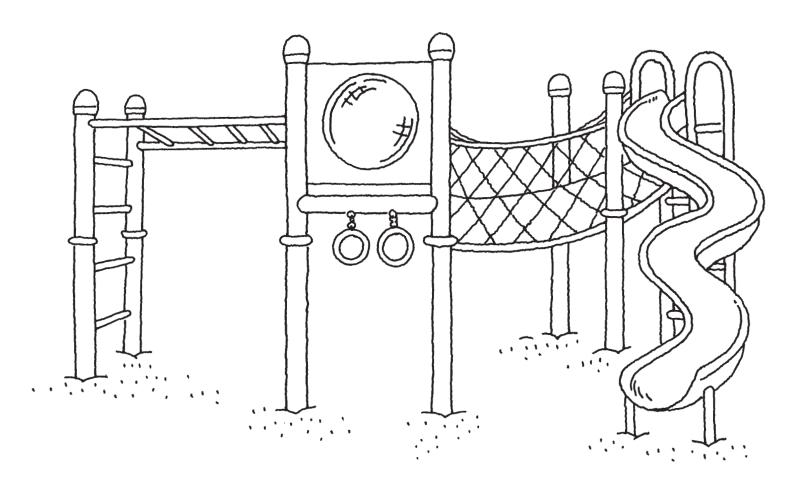
Tommy told his sister that her idea wasn't a good one. He reminded her that they were not supposed to jump on the beds.

Why	/ should	n't you	jump o	on a be	ed.?		
	v do you ending		the sto	ry ends	s? Write	<b>;</b>	

Name	Lesson ( ) ( )
Date	An injury prevention program from NFPA

#### At the Playground

In the picture of the empty playground below, draw two children playing safely. Then draw one child playing in a way that could cause a fall.



Name	Lesson
Date	
	An injury prevention program from NFP

### **Find the Beginning Sound**

Each safety rule below has a word that is missing its beginning sound. Read each rule. Then read the beginning sound for the word from the choices. Circle the letter of the correct answer. Then read each rule and draw a green line under the rules that are Risk Watch safe.

A green line should be drawn under 1-5.

<b>1.</b>	Always	wear	oes	when	playing	on	а	playground	
-----------	--------	------	-----	------	---------	----	---	------------	--

- **A.** cl **B.** gl **C.** sh **D.** bl
- **2.** Don't \_\_\_\_\_ and at the top of the slide.
  - A. bl B. st C. gl D. cr
- **3.** Only one person should \_\_\_\_ing at a time.
- (A.) sw B. br C. dr D. cl
- 4. Stay away from open \_\_\_\_indows.
  - **A.** s **B.** w **C.** d **D.** f
- **5.** Play on \_\_\_\_oft surfaces.
- (A.) s B. n C. cl D. m
- 6. Play games on the \_\_\_\_lide.
- **A.** g **B.** d **C.** c **D.** s

Name	Lesson
Date	An injury prevention program from NFPA

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Tommy told his sister that her idea wasn't a good one. He reminded her that they were not supposed to jump on the beds.

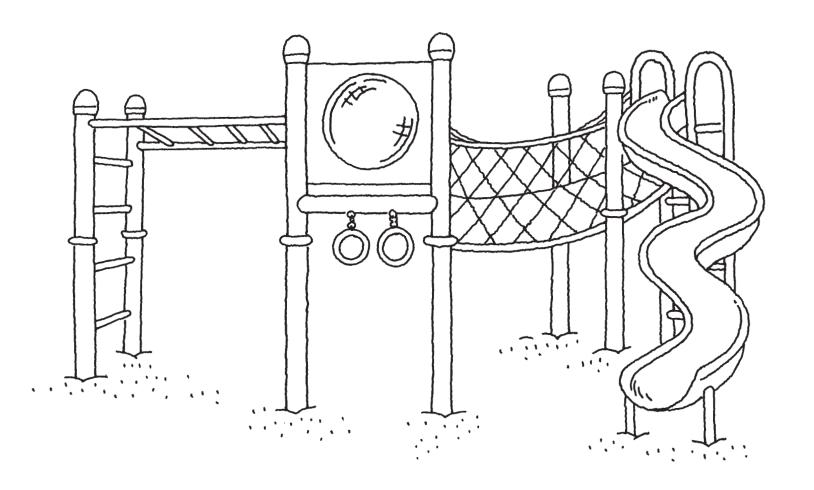
1.	Why shouldn't you jump on a bed?
	You can fall and be hurt.
2.	How do you think the story ends? Write
	the ending below.
	Answers will vary.

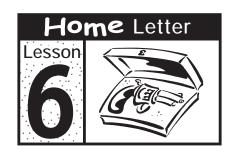
Name	Lesson	
		ı
Date		
	An injury prevention program from NFP	A

#### At the Playground

In the picture of the empty playground below, draw two children playing safely. Then draw one child playing in a way that could cause a fall.

Answers will vary.





## Firearms Injury **Prevention**



#### **Home Activity**

Take Notice. Talk to your child about the story "It Pays to Notice Things" that his or her teacher read in class. Then, work with your child to develop a similar story. Ask your child questions about the characters in the story and what they did when they found guns and/or ammunition. Have your child illustrate the story.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities. Your child has been learning about the dangers posed by firearms and what he or she can do to protect himself or herself from unintentional injury or death. Unintentional firearms-related injuries or death are defined as those in which the person firing the gun did not intend to hurt anyone. In 2000, more than 86 children aged 14 and under in the United States died from unintentional firearms-related incidents. In 2001, 1,400 children were treated in emergency rooms for unintentional injuries received from a firearm. Because guns are a leading cause of injury and death to children, we must send a loud and clear message about the dangers posed by firearms.

To keep your child from being injured by a gun, you need to child-proof your home. Most childhood shooting deaths involve guns that have been kept loaded and accessible in or around the home. Children are naturally curious, and sometimes they cannot tell the difference between a real gun and a toy gun. Therefore, the safest choice is to keep firearms out of homes and play areas altogether.

However, some families choose to keep guns in their homes. In this case, the gun should be stored unloaded and in a locked place where a child cannot touch it. All ammunition also should be kept locked away in an inaccessible location separately from the gun.

In addition to making your home safe, talk to your child about staying away from guns in places where they play and homes they visit. Talk with your children's friends' parents or caregivers to find out whether they have guns in their homes. If they do, verify that the guns are kept unloaded, locked away, and inaccessible to children. Also, check that any ammunition is kept locked away separately from the gun.

Another way to educate your child about the dangers of firearms is to talk to him or her about the difference between real violence and television

violence. Explain that in real life, children can be hurt by guns, while on television no one is actually hurt, although it appears that they are. You may wish to talk about a program that your child may have watched that contained violence. Ask how he or she felt about it. It's

important to let your child know that he or she can talk to you.

Data sources: Consumer Federation of America, National SAFE KIDS Campaign  $\circledR$ 

#### **Crack the Code**

Solve the math problems below.

Match the correct letter from the problems above to each number below to decode the message.

9

Solve the math problems below.

Match the correct letter from the problems above to each number below to decode the message.

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#### **What's the Story?**

Look at the pictures. Read the sentences. Match each picture to the sentence that tells the story.



1. Tell a grown-up.



- **2.** Staying away from guns is the right thing to do.
- 3. If you find a gun, don't touch it.



Name	Lesson:
Date	
	An injury prevention program from NFPA

#### **Firearms Injury Prevention**

Write the sentences below on the lines provided.
Guns can hurt you. Stay away from guns.
Tell a grown-up if you find a gun.

Choose one of the sentences above. Draw a picture that shows what the sentence means to you. Then color the picture.

#### **Crack the Code**

Solve the math problems below.

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$$5$$
 tay away  $f$  rom ammunition.  
0 3 4 22 6

	Lesson
Name	
Date	
	An injury prevention program from NFPA

#### **What's the Story?**

Look at the pictures. Read the sentences. Match each picture to the sentence that tells the story.



1. Tell a grown-up.



- **2.** Staying away from guns is the right thing to do.
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Name	Lesson:
Date	An injury prevention program from NFPA

#### **Firearms Injury Prevention**

Write 1	the	sentences below on the lines provided.  Check students' work.
Guns	can	hurt you. Stay away from guns.
Tell a	grov	wn-up if you find a gun.

Choose one of the sentences above. Draw a picture that shows what the sentence means to you. Then color the picture.



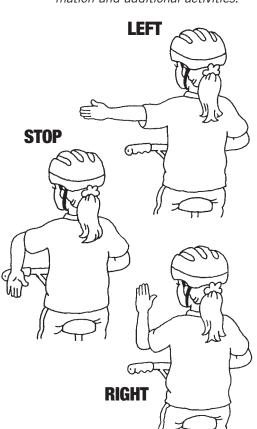
# Bike and Pedestrian **Safety**



#### **Home Activities**

Ride a bike. Go for a bike ride with your child. Have your child tell each rule as it is being performed. (wearing a bike helmet correctly; walking the bike when crossing a street; making a complete stop when entering a sidewalk, path, or driveway; using the proper hand signals when stopping or turning) Have your child explain why the rule is important to follow.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities.



Your child has been learning bicycle safety rules and the proper way to cross streets and parking lots safely. Young children need the constant supervision of a grown-up to keep them safe from moving vehicles whose drivers may not see small children until it is too late.

In 2001, nearly 314,600 children in the United States, aged 14 and under, were treated in hospital emergency rooms for bicycling-related incidents. Nearly half of children ages 14 and under hospitalized for bicyclerelated injuries are diagnosed with a traumatic brain injury. Studies have shown that wearing a bicycle helmet significantly reduces the risk of a brain injury by 85 percent in the event of an incident. Worn properly, bicycle helmets should sit level on the head, and be snug and comfortable.

Another startling statistic is the number of children killed in pedestrianrelated incidents. In 2000, incidents involving motor vehicles were responsible for the deaths of 534 children aged 14 and under in the United States, and another 172 children of this age died in non-traffic related incidents.

Safeguard your child by being bike-smart. Make sure that your child always wears a bicycle helmet when riding a bike and that he or she rides on sidewalks or paths under the direct supervision of a grown-up. Teach your child to make a complete stop when entering a sidewalk, path, or driveway. Also, teach him or her to look left, right, and left again for people who may be walking on the sidewalk or path or for vehicles pulling into or out of a driveway. Also teach your child how to use proper hand signals before stopping or turning.

Teach your child to be street-smart, as well. Make sure your child knows to hold the hand of a grown-up when crossing a street or parking lot. Teach your child to stop at the curb or edge of a road, preferably at an intersection, to make sure the street is clear for crossing, and to never run into the street. Remind your child to listen and look for moving vehicles before crossing the street by looking left, right, and left again. By following these simple safety rules, your child can protect himself or herself from harm.

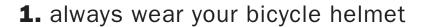
**Data sources:** National Center for Injury Prevention and Control; National SAFE KIDS Campaign®; Pediatric Head Injuries and Deaths from Bicycling in the United States, *Pediatrics*, 1996.

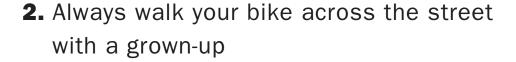
#### **Know the Rules**

Date\_

Read the bike and pedestrian safety rules below. Each one contains capitalization and punctuation errors. Find the mistakes. Write the corrected rule on the line. Choose one rule. On a separate

sheet of paper, draw a picture of yourself practicing the rule.





- **3.** always stop at the curb or edge of a road before crossing the street
- **4.** always cross the street with a grown-up.
- **5.** look to the left, to the right, and to the left again before crossing the street

Name	Lesson
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#### **Bike Safety Rules**

Read the story. Write an ending below.

Travis loves to ride his bike. He rides his bike all over the neighborhood. He always wears his bike helmet when riding his bike. Travis knows the safety rules, and he follows them. If he didn't, he would not be allowed to ride his bike.

Sometimes Travis rides his bike with his best friend, Roy. Roy loves to ride his bike as fast as he can. But Roy doesn't wear his bike helmet, and he often forgets to follow the safety rules.

loday travis and Roy are riding their bikes down the
sidewalk. As usual, Travis is wearing his bike helmet. Roy
is not. The boys go racing down the sidewalk. The front
tire of Roy's bike hits a bump.

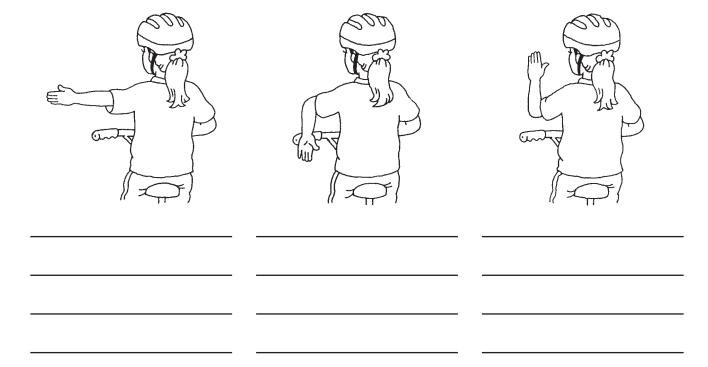
Name	Lesson
Date	An injury prevention program from NFPA

#### **What Would You Do?**

In the space provided, write a story about riding a bike. What safety rules do you use when you ride your bike?					
	_				

#### **Hand Signals**

Look at the pictures below. In the space provided, write a sentence telling what each one means.



Name		Lesson
Date	(:	An injury prevention program from NFPA

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Choose one rule. On a separate sheet of paper, draw a picture of yourself practicing the rule.



ඉ

2. Always walk your bike across the street with a grown-up

Always walk your bike across the street with a grown-up.

- 3. always stop at the curb or edge of a road before crossing the street
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- 4. always cross the street with a grown-up.

  Always cross the street with a grown-up.
- 5. look to the left, to the right, and to the left again before crossing the street

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Name	Lesson
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Date	
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Sometimes Travis rides his bike with his best friend, Roy. Roy loves to ride his bike as fast as he can. But Roy doesn't wear his bike helmet, and he often forgets to follow the safety rules.

Today Travis and Roy are riding their bikes down the sidewalk. As usual, Travis is wearing his bike helmet. Roy is not. The boys go racing down the sidewalk. The front tire of Roy's bike hits a bump.

Answers will vary.		

Name	Lesson
Date	An injury prevention program from NFPA

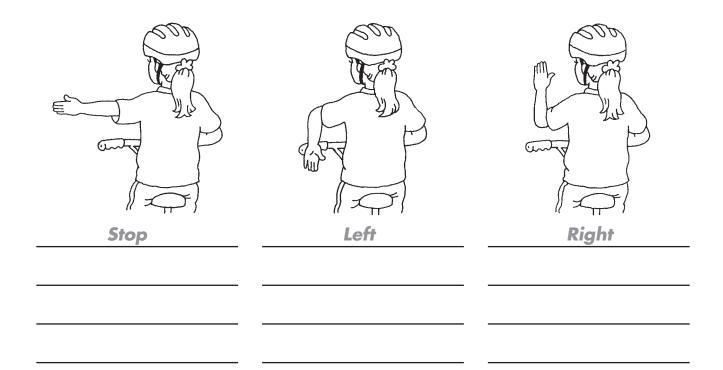
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#### **Hand Signals**

Look at the pictures below. In the space provided, write a sentence telling what each one means.





# Water **Safety**



#### **Home Activities**

Know the rules. Brainstorm with your child a list of water safety rules that apply to your family. For instance, if you own a boat or go boating often, your family's rules should include boating safety. If you live near a lake, you should have rules about ice skating, fishing, and swimming in unclear waters. If you have a swimming pool, share with your child why your pool has four-sided fencing around it. Review your list, and post it next to the boat or pool or on your refrigerator.

Visit www.riskwatch.org or www.sparky.org for more information and additional activities.

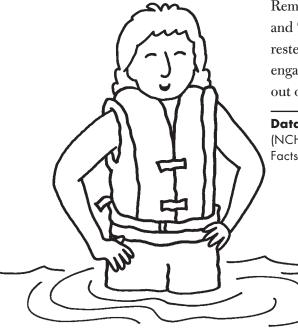
Your child has been learning about water safety and why it's important to follow water safety rules when in or around water. Most drowning incidents occur while swimming, fishing, boating, and bathing. Small children can drown in a bucket of water. In 2000, in the United States, 943 children aged 14 and under drowned.

You can prevent a drowning incident by making sure your child has adult supervision at all times whenever he or she is in or around water. In addition, swimming pools should be enclosed by four-sided fencing that is at least 5 feet high and is equipped with self-closing and self-latching gates.

Another way to safeguard your child from a drowning incident is to provide ongoing swimming lessons. Swimming lessons help your child learn proper swimming techniques, gain extensive training, and follow water safety rules. If your child cannot swim well, make sure he or she wears a U. S. Coast Guard approved personal flotation device (PFD) when he or she is near water. A PFD will add buoyancy to the body and keep the head and body higher in the water. Inner tubes, rafts, floaties, water wings, and other swimming toys are not considered PFDs and should not be used as such.

In addition, remind your child of the water safety rules. Make sure your child never swims alone; he or she should always have a grown-up present. Remind your child to pay attention to posted signs, such as "No Diving" and "No Running or Jumping." Make sure your child swims only when rested, does not eat food or chew gum while in the water, and does not engage in horseplay in or around the water. Also, remind your child to get out of the water immediately if he or she hears thunder or sees lightning.

**Data sources:** American Red Cross, National Center for Health Statistics (NCHS), National SAFE KIDS Campaign®; National Safety Council Injury Facts, United States Lifesaving Association.



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# **Do You Know the Water Safety Rules?**

Use the words in the box to fill in the water safety rules below. Some words will not be used.

bubble	swim	words	inner tube
walk	ladder	PFD	friend
rules	floatie	grown-up	fence

- **1.** Wear a \_\_\_\_\_ if you cannot swim.
- **2.** Follow the \_\_\_\_\_.
- **3.** Learn to \_\_\_\_\_\_.
- **4.** A pool should have a \_\_\_\_\_ all around it.
- **5.** Always swim with a watching you.



Name	Lesson
Date	
	An injury prevention program from NFPA

## **Figure Out the Safety Story**

Listen to the story. Then answer the questions that follow.

#### A Day at the Lake

After a six-mile hike through the woods, Max's family stopped at the lake for a swim. Everyone in Max's family is a good swimmer, but before anyone got into the water they discussed some important water safety rules. After an hour of swimming, Max's dad saw the sky turn dark and heard thunder in the distance. Right away Max's family dried off and headed for a shelter house.

- 1. How far did Max's family hike?2. What did the family do before getting into the water?
- 3. What did the family do when Max's dad heard thunder?
- **4.** Explain why is it important to follow water safety rules when in or around water.

Name	Lesson
Date	
	An injury prevention program from NFPA

# **Read It, Write It, Draw It!**

Read the water safety rule below. Rewrite the rule on the lines provided.

Never jump or dive into the water unless the lifeguard or a grown-up says it is okay.		
Draw a picture about the rule.		

Name		

Lesson

An injury prevention program from NFPA

Date\_

# **Do You Know the Water Safety Rules?**

Use the words in the box to fill in the water safety rules below. Some words will not be used.

bubble	swim	words	inner tube
walk	ladder	PFD	friend
rules	floatie	grown-up	fence

- **1.** Wear a \_\_\_\_\_\_ if you cannot swim.
- **2.** Follow the \_\_\_rules\_\_\_.
- 3. Learn to \_\_\_swim\_\_.
- **4.** A pool should have a \_\_\_\_\_ all around it.
- **5.** Always swim with a <u>grown-up</u> watching you.



Name	Lesson
Date	An injury prevention program from NFPA

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Listen to the story. Then answer the questions that follow.

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- **1.** How far did Max's family hike? Six miles.
- 2. What did the family do before getting into the water?

  They discussed the water safety rules.
- **3.** What did the family do when Max's dad heard thunder? They dried off and headed for a shelter house.
- **4.** Explain why is it important to follow water safety rules when in or around water.

Answers will vary.
--------------------

Name	Lesson
Date	An injury prevention program from NFPA

# **Read It, Write It, Draw It!**

Read the water safety rule below. Rewrite the rule on the lines provided.

Never jump or dive into the water unless the lifeguard		
or a grown-up says it is okay.  Check students' work.		
Draw a picture about the rule.		

Draw a picture about the rule.

#### Grade 1 Risk Watch Messages

#### **Motor Vehicle Safety**

- 1. Always ride buckled up in the back seat in a child safety or booster seat.
- **2.** Learn and practice school bus safety rules.

#### **Fire and Burn Prevention**

- 1. If your clothes catch fire, stop, drop, and roll.
- 2. Know what to do when the smoke alarm sounds.
- 3. Hot things can hurt you.
- 4. Tell a grown-up if you find matches or lighters.

#### **Choking, Suffocation, and Strangulation Prevention**

- 1. Eating is serious business.
- **2.** Save your breath.

#### **Poisoning Prevention**

- 1. Take medicine only from a grown-up you trust.
- 2. Ask a grown-up before eating or drinking anything.
- 3. Tell a grown-up if someone finds poison.

#### **Fall Prevention**

- 1. Stay away from open windows.
- 2. Avoid playing on stairs and escalators.
- 3. Learn and practice safe play rules.
- 4. Play on "soft" play surfaces.

#### **Firearms Injury Prevention**

- 1. Tell a grown-up if you find a gun.
- 2. Stay away from guns and ammunition.

#### **Bike and Pedestrian Safety**

- 1. Cross the street with a grown-up.
- **2.** Learn and practice bike safety rules.
- 3. Wear a helmet every time you ride.
- 4. See and be seen.

#### Water Safety

- 1. Always swim with a grown-up.
- 2. Wear a personal flotation device (PFD) when in or around water.
- **3.** Learn and practice the water safety rules.
- 4. Stop, look, and test before entering lakes and pools.
- **5.** Be safe on ice.



#### What did you learn? (Pre -Test) What did you learn? (Post-Test) Safety Stories for Grades 1 & 2

Read these questions aloud to your students and ask them to place a mark (an X or anything else they are comfortable with) in the box on their answer sheet that shows the answer they think is correct. The test is divided into two subtests. If you believe your students will not be able to concentrate long enough to complete the entire test at one time, administer the two subtests on separate occasions within a two-day period. It is all right to administer both subtests in a single day. Use your own judgment.

#### SUBTEST 1

#### 1

What should you do every time you ride in a car? The first choice says "sit near a window." The second choice says "buckle your safety belt"

- A. sit near a window
- ✓ B. buckle your safety belt

#### 2

If a child is upstairs and hears someone outside yelling, what should the child do if the window is wide open? The first choice says "stay away." The second choice says "lean out the window to see who's there."

- ✓ A. stay away
  - B. lean out the window to see who's there

#### 3

What is the safest way to eat? The first choice says "take small bites." The second choice says "chew as fast as you can."

- ✓ A. take small bites
  - B. chew as fast as you can

#### 4

When is it safe to jump in the water? The first choice says "when the water looks deep enough." The second choice says "when a grown-up says it's OK."

- A. when the water looks deep enough
- ✓ B. when a grown-up says it's OK

#### 5

If someone at your house has a gun, where is the safest place to keep it? The first choice says "on a high shelf." The second choice says "in a locked case."

- A. on a high shelf
- ✓ B. in a locked case

#### 6

You and two friends are playing with action figures. One friend thinks that the stairs would be a good place to play. The other friend thinks the grass would be a better place to play. Which is the safest place to play? The first choice says "stairs." The second choice says "grass."

- A. stairs
- ✓ B. grass

#### 7

If you found matches in the yard, would you tell a grown-up or give them to a grown-up? The first choice says "give." The second choice says "tell."

- A. give
- ✓ B. tell

#### 8

If a grown-up leaves their medicine bottle on the sink where you can reach it, what should you do? The first choice says "give the bottle to a grown-up." The second choice says "tell a grown-up."

- A. give the bottle to a grown-up
- ✓ B. tell a grown-up

#### 9

If you need to call 9-1-1 or the fire department for an emergency, what should you tell them? The first choice says "tell them what happened and your name, address and phone number." The second choice says "tell them what happened, ask them to come quickly, then hang up right away."

- ✓ A. tell them what happened and your name, address and phone number
  - B. tell them what happened, ask them to come quickly, then hang up right away

#### 10

Before you go out to play on the swing set, what should you do? The first choice says "put on a cap." The second choice says "take off things that hang around your neck."

- A. put on a cap
- ✓ B. take off things that hang around your neck

#### 11

You are playing near a bush that has red berries on it. They look like they might taste good. What should you do? The first choice says "ask a grown-up." The second choice says "eat one."

- ✓ A. ask a grown-up
  - B. eat one

#### 12

The school bus has just dropped you off after school. How many giant steps should you take to move away from the bus? The first choice says "3." The second choice says "5."

- A. 3
- ✓ B. 5

#### SUBTEST 2

#### 13

If you are in a hurry to go outside and play and your shoelaces are untied, what is the safest thing to do? The first choice says "stop and tie them." The second choice says "take your shoes off."

- ✓ A. stop and tie them
  - B. take your shoes off

#### 14

You are sitting at the table eating grapes. Your sister calls to say the ice cream truck is coming and she will treat you to some ice cream. You have just put a grape in your mouth. What should you do? The first choice says "finish eating the grape." The second choice says "run to your sister."

- ✓ A. finish eating the grape
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#### 15

When you go swimming, when should you wear a PFD (personal flotation device)? The first choice says "always." The second choice says "only when someone tells you to."

- ✓ A. always
  - B. only when someone tells you to

#### 16

You are going for a bike ride. You get your bike and stop to put something on. What would you need to put on before you begin riding your bike? The first choice says "a sweater." The second choice says "a helmet."

- A. sweater
- ✓ B. helmet

#### 17

Where should the shoulder strap be when you ride in a car? The first choice says "under your arm." The second choice says "tightly across your shoulder."

- A. under your arm
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#### 18

If your friend brings a bullet to school to show you, what should you do? The first choice says "tell a grown-up." The second choice says "ask to look at it more closely, but don't touch it."

- ✓ A. tell a grown-up
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#### 19

You are walking down the street with your big brother. You need to cross the street. Where should you cross? The first choice says "at the crosswalk." The second choice says "go between the parked cars."

- ✓ A. at the crosswalk
  - B. go between the parked cars

#### 20

Your family should do what to be ready in case there were a fire in your house or apartment? The first choice says "have an escape plan." The second choice says "make sure a grown-up knows how to put out a fire."

- ✓ A. have an escape plan
  - B. make sure a grown-up knows how to put out a fire

#### 21

You are playing in front of your house. You see your best friend across the street. You are excited to see your friend and want to play together. You look both ways and don't see any cars on the street. How should you cross the street? The first choice says "with a grown-up." The second choice says "run quickly."

- ✓ A. with a grown-up
  - B. run quickly

#### 22

Where should cleaning supplies be kept? The first choice says "under the kitchen or bathroom sink." The second choice says "high on a shelf."

- A. under the kitchen or bathroom sink
- ✓ B. high on a shelf

#### 23

If your friend has a gun but you can't tell if it is a real gun or a toy gun, what is the safest thing to do? The first choice says "pick it up to see if it is heavy enough to be a real gun." The second choice says "tell a grown-up."

- A. pick it up to see if it is heavy enough to be a real gun
- ✓ B. tell a grown-up

#### 24

You have been invited to go to a swimming pool with a friend and the friend's mother. When you get there, you want to get into the pool quickly because it is very warm and you want to cool off. What is the safest way to get into the pool? The first choice says "dive in head first." The second choice says "jump in feet first."

- A. dive in head first
- ✓ B. jump in feet first

Grades 1 & 2



#### What do you know? (Pre-Test) What did you learn? (Post-Test) Safety Stories for Grades 1 & 2

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- B. make sure a grown-up knows how to put out a fire

#### 21

You are playing in front of your house. You see your best friend across the street. You are excited to see your friend and want to play together. You look both ways and don't see any cars on the street. How should you cross the street? The first choice says "with a grown-up." The second choice says "run quickly."

- A. with a grown-up
- B. run quickly

#### 22

Where should cleaning supplies be kept? The first choice says "under the kitchen or bathroom sink." The second choice says "high on a shelf."

- A. under the kitchen or bathroom sink
- B. high on a shelf

#### 23

If your friend has a gun but you can't tell if it is a real gun or a toy gun, what is the safest thing to do? The first choice says "pick it up to see if it is heavy enough to be a real gun." The second choice says "tell a grown-up."

- A. pick it up to see if it is heavy enough to be a real gun
- B. tell a grown-up

#### 24

You have been invited to go to a swimming pool with a friend and the friend's mother. When you get there, you want to get into the pool quickly because it is very warm and you want to cool off. What is the safest way to get into the pool? The first choice says "dive in head first." The second choice says "jump in feet first."

- A. dive in head first
- B. jump in feet first

# WHAT DO YOU KNOW? GRADES 1-2

NAME:



when a grown-up says

it's OK

☐ in a locked case

PART 1—MARK THE BOX NEXT TO YOUR CHOICE				
1	☐ sit near a window	☐ buckle your safety belt		
2	☐ stay away	☐ lean out the window to see who's there		
3	☐ take small bites	chew as fast as you can		

when the water looks

deep enough

on a high shelf

6	stairs	grass
7	give	tell
8	give the bottle to a grown-up	tell a grown-up
9	tell them what happened and your name, address and phone number	tell them what happened, ask them to come quickly, then hang up right away
10	put on a cap	take off things that hang around your neck
11	ask a grown-up	eat one
12	3	5

#### PART 2—MARK THE BOX NEXT TO YOUR CHOICE

13		stop and tie them	take your shoes off
14	<u> </u>	finish eating the grape	run to your sister
15	0	always	only when someone tells you to
16		sweater	helmet
17		under your arm	tightly across your shoudler
18		tell a grown-up	ask to look at it more closely, but don't touch it
19		at the crosswalk	go between the parked cars

20	have an escape plan	make sure a grown-up knows how to put out a fire
21	with a grown-up	run quickly
22	under the kitchen or bathroom sink	high on a shelf
23	pick it up to see if it is heavy enough to be a real gun	tell a grown-up
24	dive in head first	jump in feet first

Stop Here.



#### WHAT DID YOU LEARN?

NAME:\_\_\_\_

#### **GRADES 1-2**

An injury prevention
prevention program from NFPA

PART 1—MARK THE BOX NEXT TO YOUR CHOICE					
<b>1</b> □ sit near a window	☐ buckle your safety belt				
<b>2</b> □ stay away	lean out the window to see who's there				
<b>3</b> □ take small bites	☐ chew as fast as you				

- 4 ☐ when the water looks deep enough
- when a grown-up says it's OK

**5** □ on a high shelf

☐ in a locked case

can

6	stairs	grass
7	give	tell
8	give the bottle to a grown-up	tell a grown-up
9	tell them what happened and your name, address and phone number	tell them what happened, ask them to come quickly, then hang up right away
10	put on a cap	take off things that hang around your neck
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24	dive in head first	jump in feet first

Stop Here.



# WHAT DO YOU KNOW? -ANSWERS WHAT DID YOU LEARN? -ANSWERS GRADES 1-2



#### PART 1—MARK THE BOX NEXT TO YOUR CHOICE

1	☐ sit near a window	✓ buckle your safety belt
2	✓ stay away	☐ lean out the window to see who's there
3	✓ take small bites	chew as fast as you can
4	when the water looks deep enough	✓ when a grown-up says it's OK
5	on a high shelf	✓ in a locked case

6		stairs	•	grass
7	<u> </u>	give	•	tell
8		give the bottle to a grown-up	<b>✓</b>	tell a grown-up
9	•	tell them what happened and your name, address and phone number		tell them what happened, ask them to come quickly, then hang up right away
10		put on a cap	~	take off things that hang around your neck
11	<b>v</b>	ask a grown-up		eat one
12		3	<b>/</b>	5

#### PART 2—MARK THE BOX NEXT TO YOUR CHOICE

13	<b>~</b>	stop and tie them		take your shoes off
14	<b>~</b>	finish eating the grape		run to your sister
15	<b>✓</b>	always		only when someone tells you to
16		sweater	<b>/</b>	helmet
17		under your arm	~	tightly across your shoulder
18	<b>~</b>	tell a grown-up		ask to look at it more closely, but don't touch it
19	<b>~</b>	at the crosswalk		go between the parked cars

20	•	have an escape plan		make sure a grown-up knows how to put out a fire
21	<b>/</b>	with a grown-up		run quickly
22		under the kitchen or bathroom sink	<b>✓</b>	high on a shelf
23		pick it up to see if it is heavy enough to be a real gun	<b>V</b>	tell a grown-up
24		dive in head first	<b>/</b>	jump in feet first

Stop Here.



#### **Evaluation Instruments**

Teacher's Name:	 Grade:

# **Risk Watch® Test Scores**

#### Summary Sheet



This form can be used to record student knowledge test scores before participating in the Risk Watch program. After studying all the risk areas, have students take the Knowledge Test again and record the test scores after the program. Converting the test scores to percents will help you calculate the overall class knowledge gain.

Student's Name	Number of Correct Answers before Program	Percentage of Correct Answers before Program	Number of Correct Answers after Program	Percentage of Correct Answers after Program
	Total Percentages:			
	Class Average:			

### **Risk Watch® User Survey Form**



Please duplicate this form for future submissions

e want to know what you think of *Risk Watch*®. Use this User Survey Form to let us know how the program has worked in your classroom and ideas to make the program even better.

Name:
School:
Address:
City:
State/Province: Zip/Postal Code:
Grade Level:
What do you like about Risk Watch?
What do children and caregivers like about <i>Risk Watch</i> ?
What recommendations do you have to make the program better?
1 0



If you have observed a positive change in the behavior of any of your students as a result of their participation in the *Risk Watch* program, please use the *Risk Watch* Success Incident Report Form to document it. Your class or student may be eligible to receive a certificate of recognition from NFPA!

#### Return completed form to:

NFPA, Public Education Division, 1 Batterymarch Park, P.O. Box 9101, Quincy, MA 02169-7471 Fax: (617)770-0200

## Risk Watch® Success Incident Report



Please duplicate this form for future submissions

Watch Success" you tell us about.

We want to recognize students and others in your community who have put their Risk Watch\* safety lessons into action. We'll mail a special commemorative certificate to your local hero for each documented "Risk Watch Save" or "Risk Watch Success" you tell us about.

**A "Risk Watch Save" certificate** will be presented to a person whose actions, learned as a direct result of participation in NFPA's *Risk Watch* program, have resulted in the preservation of human life, or whose positive intervention has prevented or minimized a potentially life-threatening situation. (Examples: Nominee followed a pre-established escape plan and survived a home fire, survived a motor vehicle collision through the proper use of safety belts or a child restraint seat, avoided severe head injury in an actual bicycle incident by wearing a bike helmet; and so forth.)

A "Risk Watch Success" certificate will be presented to a person whose actions, learned as a direct result of participation in NFPA's Risk Watch program, have reduced the danger of a potentially harmful situation. (Examples: Nominee persuaded caregiver to install a smoke alarm or practice a home fire drill; convinced a friend to wear a bicycle helmet or safety belt; told a responsible adult that he or she had found matches, poison, ammunition, or a gun; and so forth.)

In order for NFPA to issue a certificate in a timely fashion, please be as detailed as possible when completing this form.

Submitted by:
School or organization:
Address:
Telephone number:
Fax number:
E-mail:



NFPA will review the information provided on the *Risk Watch* Success Incident Report and determine the viability of the incident. Successes and Saves will be acknowledged with a certificate of commendation signed by the President of NFPA. The certificate will be sent to the person listed below for presentation to the individual who performed the safe behavior. Please specify contact name, complete address, and telephone number for NFPA to send the certificate.

When will the certificate be presented?

continued...

# Risk Watch® Success Incident Report



continued...

Who performed the Risk Watch behavior?
Age of individual at the time of the incident: Grade:
Name and ages of all children involved:
Date of incident:
City/town where the incident occurred:
Exact location where incident took place:
In the event of a "Save," NFPA will contact the child's family, please include amily's home phone number in your initial report:
Name of teacher who taught the individual the Risk Watch behavior:
When was Risk Watch first implemented in the classroom?
When was Risk Watch first implemented in the community?
Please indicate the risk area involved with this incident (check box):
☐ Motor Vehicle Safety
☐ Fire and Burn Prevention
☐ Choking, Suffocation, and Strangulation Prevention
☐ Poisoning Prevention
☐ Falls Prevention
☐ Firearms Injury Prevention
☐ Bike and Pedestrian Safety
☐ Water Safety



Please write a detailed summary of the incident, spelling out exactly what happened and what steps were taken by each person involved in the incident. Also explain how the child's action(s) positively impacted his/her safety and that of others. Attach documentation such as a newspaper article or incident report, if available.

#### **Return completed form to:**

NFPA, Public Education Division, 1 Batterymarch Park, Quincy, MA 02169

# **Risk Watch®Diploma**



#### NFPA recognizes

as an official Risk Watcher.

D A T E

T E A C H E R